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**Sclerotherapy Post Operative Instructions**

**Sclerotherapy After Care**

Soon after the treatment, you should walk for at least 30 minutes. A **10 minute walk immediately afterwards** is advisable for patients who have an hour or more to travel.

**Walk as much as possible, preferably at least 30 minutes per day for six weeks.** Walking reduces the pressure in the superficial veins and keeps the risk of thrombophlebitis and deep vein thrombosis to an absolute minimum.

**You will be able to carry on with your normal lifestyle.** Vigorous exercise or strenuous activities have little, if any impact on the treatment outcome.

**You may experience slight aching/pain in the legs in the first few days after treatment.** If this occurs, take Ibuprofen or Motrin as recommended. Do not specifically rest, but continue walking as usual. **If you have any severe continuous pain or swelling of the leg, please contact our office at 703-726-1175.**

**Stockings**

**Leave your compression stocking on during waking hours for one week.** It is not necessary to wear the stocking to bed

Rubber gloves help to get the stocking over the heel and ankle. They also protect the stocking from fingernails

Don't pull on the top band as it may tear. Work the stocking up your leg

If you choose to wear the stocking at night and it causes any pain or aching in the foot or leg, it is important to take it off. Removing the stocking is not of concern when lying down.

**Always bring your compressing stockings along for each appointment**

**Complications**

**Bruises** at the injection site will disappear within a week. Blood trapped in a sclerosed vein can appear quite dark. This often makes the veins more noticeable in the first few weeks following treatment.

**Raised Red areas** occur at the injection sites of small spider veins. They look like insect bites and disappear within hours. They are sometimes mildly itchy.

**Aching in the leg** can occur during the treatment and for the first day or two following treatment. It is more common following the treatment of larger varicose veins and is usually relieved by walking. Ibuprofen or Motrin may be taken if necessary.

**Blood trapping** can form tender lumps along the course of treated varicose veins. It is harmless but may be red and tender. Blood can be drained from these lumps by a needle prick. Blood trapping is most common in large varicose veins.

**Brown lines or marks on the skin** at the sites of treated veins. When blood breaks down it can leave iron behind in the skin. Generally they will disappear within months, occasionally longer. In a small percentage of patients they can persist for years.

**Matting** is name given to networks of fine red veins which develop near the site(s) of previous injections. The thighs are the most common site. Some areas of matting resolve spontaneously, and some may require further treatment. Matting is more common in patients with extensive surface veins, patients who are overweight or have a very fair complexion.